



Fearless Hearts Foundation
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Welcome to the 4th issue, Volume 4, of InfiniSynechis, a publication of Fearless Hearts Foundation

Foundation News & Updates

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Conscious Living

The Nature of Impermanence

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Impermanence

All conditioned things are impermanent:

Everything that arises from causes and conditions, including our physical bodies, thoughts, emotions, and external circumstances, is constantly changing.

Impermanence is the fabric of existence, the current that carries us all.

What History Tells Us

Empires Rise and Fall

A list of the empires in world history beginning from the Egyptian Empire (3100 BC) to the Modern Period (after 1500) is listed in the [archives of Global Policy Forum](#) . [1]

No matter how great or how long an empire lasts, grand empires eventually get replaced by another, a stark reminder of impermanence.

[Percy Bysshe Shelley](#) [2] wrote the sonnet [Ozymandias](#). [3] as a testament to the fact that time ravages men and the empires they forged eventually decay and vanish into oblivion.

Possessions fade and fortunes change hands

An article in Forbes Magazine by Joshua Brown titled [The Nine Financiers, a Parable About Power](#) [4] relates the fates of men, who, over 100 years ago were the money and power brokers.

Our Physical Bodies Change

We have a physical body which allows us to interact with the world around us. This “form” has a finite lifetime..

The oldest humans that ever lived in the modern times and have been documented are listed here [5]

There is a preoccupation on extending human life but there is no method to obtain physical immortality. We have to accept that this body too will grow old and die.

Accepting and understanding impermanence

Impermanence doesn't mean meaninglessness: While knowing that everything is in a state of flux, we enjoy the moments with our families, friends, coworkers and the world around us. Just this moment is enough..

Relating with impermanence:

Impermanence can be a source of growth:

Change can be a catalyst for learning and personal transformation. As we navigate impermanence, we can develop resilience and a deeper understanding of ourselves and the world outside, but more importantly, the world within

Mindfulness is being present here and now. It is awareness which after unenforced practice becomes panoramic awareness.

By practicing mindfulness one can use awareness to observe the arising and passing away of thoughts, feelings, and bodily sensations. This lets us see impermanence directly.

Non-attachment, non judgment

Letting go leads to liberation:

By understanding impermanence, one can work on letting go of attachments to people, things, and even ideas.

Letting go of attachment reduces suffering and opens the path to a state of complete peace and freedom from the cycle of rebirth (samsara).

We treasure the aged, the worn, the things imbued with whispers of the past. They hold a charm, a story etched by time. Yet, these very relics speak a profound truth: nothing remains unchanged. Nothing lasts forever. Impermanence is the nature of all phenomena

Clinging, no matter what the object or non-material object leads to suffering:

When we cling to things as permanent or become attached to how we want things to be, change leads to suffering. We experience loss, disappointment, and frustration.

Understanding impermanence leads to detachment:

By recognizing the impermanent nature of reality, we can learn to let go of attachment and craving. This doesn't mean becoming emotionless, but rather accepting change and appreciating things for what they are in the present moment.

This doesn't mean not caring; it means letting go of the need for things to stay the same.

Appreciating the present moment

One can use the sword of discrimination to cut off the tendency of the mind to consistently distinguish between this and that or how we would like things to be

On the one hand, we can enjoy where we are and what we have in the moment, right at this moment and know that the memories that we create in this moment can be summoned at will,

On the other hand, we have to prepare to let things, people and relationships go. When we are able to reconcile the two then we know that each moment is as perfect as it should be.

Nothing lacking.

And the next moment is new, as fresh as the sun rising from the horizon, or the smell of the earth after it has just rained, or the cool crisp morning air, or very simply looking at the world with a child's eyes, again and again.

It is in these moments when the perceived failures of the past are erased and replaced with the infinite possibilities of the present.

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“The art of living... is neither careless drifting on the one hand nor fearful clinging to the past on the other.

It consists in being sensitive to each moment, in regarding it as utterly new and unique, in having the mind open and wholly receptive.”

~ Alan Watts

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Being grateful for everything

Whatever we have, in this moment is good. We are alive.

It is a privilege to be born a human being because it is only in this form, the human form, that we have a chance to be awake.

“The greatest politeness Is free of all formality.

Perfect conduct Is free of concern.

Perfect wisdom Is unplanned.

Perfect love Is without demonstrations.

Perfect sincerity offers No guarantee.”

~Zhuangzi, The Way of Chuang Tzu [6]

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~ The Way of Chuang Tzu by Thomas Merton

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References

- [1]<https://archive.globalpolicy.org/component/content/article/155-history/25992-empires-in-world-history.html>
[2]<https://www.poetryfoundation.org/poets/percy-bysshe-shelley>
[3]<https://en.wikipedia.org/wiki/Ozymandias>
[4]<https://www.forbes.com/sites/joshuabrown/2012/07/25/the-nine-financiers-a-parable-about-power/?sh=6f0f9d603126>
[5]https://en.wikipedia.org/wiki/List_of_the_verified_oldest_people#:
[6]<https://terebess.hu/zen/mesterek/MertonChuangTzu.pdf>
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Philanthropy

Philanthropy

Michael Bloomberg founded **Bloomberg Philanthropies**

Business Insights*

We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.
<https://fearlessheartsfoundation.com>

Fundamentals of Being in Business

<https://www.fearlessheartsfoundation.com/business-resources/>

Business Ideas: Adjusting to the Current Business Climate

Commentary

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